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London & Area Edition

SportsXpress.ca™

November/December 2019

Volume 12 Issue 6

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and mare...details on pg 19

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NOVEMBER/DECEMBER 2019
London & Area Edition

Why do trainers lead to success?

Submitted by 9Round London

For those of you who have never experienced the benefits of a great trainer, we will break down how trainers can drastically change a person's health and perception about fitness ...

To start, a knowledgeable trainer will create customized programs that are based around your fitness goals, while taking into account considerations such as pre-existing injuries. Safety always comes first. Trainers will teach you the proper mechanics of each movement to build your form.

Who doesn't need extra motivation sometimes? Your trainer is typically more excited to achieve your goals than you are! This motivates you to stay accountable in your workouts and build healthier habits. Trainers make the workouts enjoyable so that you have a positive outlook on exercise.

You might be wondering how our team of trainers will help you during your initial 9Round workout. We start by filling out a waiver and asking questions about your exercise history, injuries, health, intensity level, goals and much more. This is our starting point in getting to know you and how we can help. After this, we guide you through a workout to teach you the basics (depending on your experience). This workout will help us gauge your strengths and weaknesses for future workouts.

At 9Round, there is unlimited access. During every workout, trainers are there to guide and motivate you! We have five trainers who are passionate about fitness and health – with diverse experience ranging from professional boxing, injury prevention, fascial mobility, fat loss coaching, sports psychology, and more. We take pride in our vast skillset so that we can help people in every area possible!

9Round London features trainers who are each passionate about fitness and health – and dedicated to helping their clients reach their personal goals!

thelineup

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Special thanks to Ontario Volleyball for the cover photo.

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Road trip details available on page 19 or at

BIG GAME ROAD TRIPS.CA

Ninja competition time!

Submitted by CTC Obstacles

Get ready for another CTC Obstacles competition! We have now joined with the Canadian Ninja League (CNL), which has partnered with the Ultimate Ninja Athlete Association (UNAA) in the United States. Our competitions are sponsored by CNL, and they will allow winners to move through the stages and, if successful, compete at the UNAA FINALS. And our next competition date is set – November 30th and December 1st.

Each athlete can choose whether or not to join the CNL when registering for our competitions. We think it's a great idea for everyone, as you can accumulate points for each competition that you participate in and see where you rank in the Canadian-wide standings!

Just like our other competitions, we will have ages 11+ on the first day of competition, Saturday, November 30th, and our 5 to 10-year-olds on the Sunday, December 1st. All times will be posted in the coming weeks for each age division!

There are some great prizes to be won, including merchandise, free passes, and even CASH! But the best part of the day is meeting like-minded ninjas who support and teach each other!

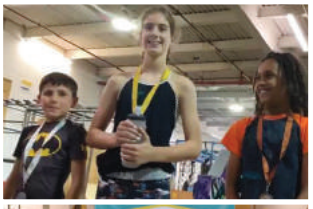
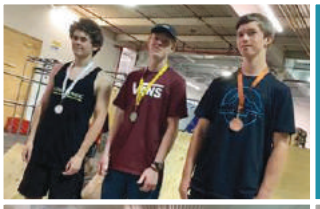
CTC, as well as the other CNL gyms, promote a safe and healthy environment to start or continue your NINJA career! Our coaches are hands-on, and they get involved to make sure that everyone is progressing at the right speed for them! We focus on making sure that everyone is learning the foundations of fitness and movement before moving on to higher levels!

We are always adding new obstacles at the gym to constantly challenge all of our NINJAs into learning new skills and advancing through the sport!

We look forward to having you out to our competition, to compete, have your children compete, or just to come out to watch and support all of the NINJAs' hard work!

Please get in touch through email ctcobstacles@gmail.com for more information on how to register for this event!

www.ctcobstacles.ca

COMPETITION DATES

- Ages 11+ November 30th
- Ages 5 to 10 December 1st

CTC Obstacles, which has joined the Canadian Ninja League (CNL), is hosting a competition at the gym on Nov. 30 & Dec. 1, which will challenge youngsters and provide everyone with a lot of fun!

SportsXpress Network

NOVEMBER/DECEMBER 2019

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London SportsXpress is an independently owned and operated member of the SportsXpress Network

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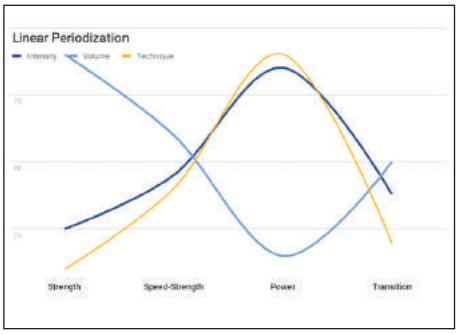
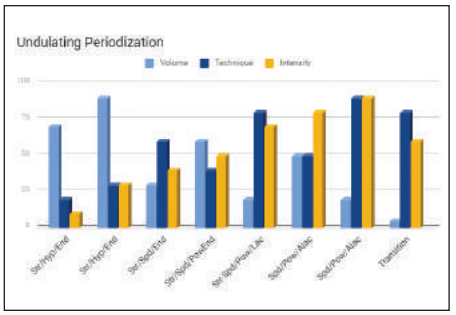
Off-season pain for in-season gain

Submitted by Coach Rory Kosonic, Owner, RPG Training Systems

The quality of your season, measured by skills and abilities, is a result of the quality and quantity of your off-season training. What you do during the offseason is key to your success when back in the game. If you are a single sport athlete, your training is referred to as ***linear periodization***. You train during the off-season and play during the in-season. You train for strength and speed while gradually increasing to reach your peak during the competition phase.





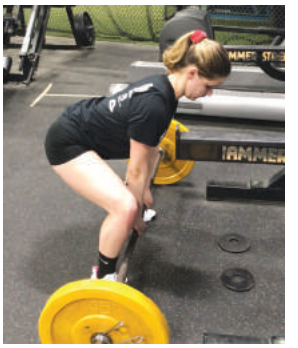
But, what if you are a multi-sport athlete, or one with an extended season with sports happening year-round? It is not so black and white. You are required to be performance-ready at any time – but must still prevent burnout. Adopting a non-linear ***undulating periodization*** model is best. Say what? Essentially, each session, week and phase are slightly different, allowing you to focus on one variable (volume, technique or intensity) while secondarily training the others at the same time. This ensures that the nervous system and muscle structures are in a 'game-ready' state at essentially any point of the season.

It is wise to consider your sport and your season to ensure that you are playing and feeling your best when it matters. For more information on how to approach your training for maximum gains, reach out to us online at:

www.rpgtrainingsystems.com

Alice, Maya, Sarah and Jade after completing the RPG - High Performance Program

Evan H on the beach



Cienna G getting after it!

Tackling the e-cigarette issue

By Phillip Millar

Panic seizes parents – Poor sciences dominate the news cycle

Who wouldn't be concerned about e-cigarettes following the recent news cycle about people dropping dead and being admitted to the hospital with lung failure tied to vaping?

Let me start by emphasizing that I am not a medical doctor, nor did I play one on TV. But, as a lawyer who has been heavily involved in the Cannabis industry, and with a good ability to research, I believe that everyone's panic is completely misdirected. And here's why:

- The recent deaths and severe illnesses resulting from lung damage coincide very closely with a change in the black-market world of cannabis vape cartridges. Stay with me, because the explanation is fascinating.
- What people don't know is that the black-market cannabis vape industry presents very real and present dangers to the public.

Background on cannabis vape cartridges

In the culture of cannabis, it is well known that the quality of the cannabis oil after extraction can be judged by the viscosity or thickness of the oil in the cartridge. It is because of this that vape oil consumers will take the vape cartridge and turn it upside down to see if the bubble moves fast or slow. If the bubble moves slowly, it makes the consumer think that the oil is a high-quality cannabis product. Thick oil is good oil, and good oil fetches more money for the seller.

However, the black market is not regulated by anyone, and the criminals in this industry are always cutting corners in an attempt to make money faster … and, you guessed it, this is where the problem lies.

About eight months ago, we started to see posts on black market chat rooms (on Reddit) that discussed shortcuts to make their oil appear thicker. People started introducing vitamin E acetate into vape cartridges as an additive that can make their product appear very thick and maintain the same appearance.

This timeline coincides with the serious lung issues that started occurring in the last few months – and not in the 3 to 5 years since the explosion of e-cigarettes.

Again, I am not a doctor, but what I do know is that when vitamin E acetate is vaporized it creates microscopic globules of oil that attach to the capillaries inside the lungs and limit oxygen intake.

The recent deaths and severe illnesses reported and connected to vaping reveal similar devastating consequences seen in pneumonia sufferers … which is where you essentially drown in your own lungs.

So, eight months ago, cannabis users looking for cheaper products (or unable to get legal vape cartridges) started inhaling Vitamin E acetate. Soon thereafter, the disturbing reports started to surface. These people were suffering from the microscopic globules attaching to their capillaries, preventing their lungs from absorbing oxygen – they were drowning, unable to absorb enough oxygen to survive.

Phillip Millar

The introduction of this vitamin E acetate coincides directly with the recent deaths. So, although e-cigarettes are a concern, we need people in the industry to take action as soon as possible and to inform the public to avoid black market vapes completely, as they have been distributed into the marketplace without any ability to track which ones are contaminated.

We need the regulators to recognize that legal vape cartridges are the best way to protect the public because we can at least exercise some control measures. If we stop legal vape cartridges, the illegal black-market industry in this area will flourish and more people will die. To the best of my knowledge, the e-cigarette industry has never used anything like vitamin E acetate in its pens.

Also note, we acknowledge that e-cigarette use is not healthy and is a problem for our kids. We are not defending e-cigarettes; rather, we are pointing out where the recent deaths are most likely coming from, as many who vape nicotine juice also consume cannabis vapes. Again, nothing in this article is medical advice, but it does come from research into the cannabis vape market with experts in California.

www.millarslaw.com

Youth ball a hit in London

Submitted by Eager Beaver Baseball Association

After a start delayed by constant rain, the Eager Beaver Baseball Association's 2019 house league season got underway by the end of May. Rookie and Mosquito divisions were played in-house, while EBBA convened the PeeWee through Midget divisions (which included other east London and local community teams). The EBBA Yankees dominated most age groups, while the EBBA Jays swept the Midget division. The EBBA Junior Bandits, meanwhile, played in the LDBA house league loop.

EBBA Midget playoff champion Jays and runner-up North 1

Eager Beaver Baseball 2019 Results

Rookie (8 & 9-year-olds)
Season Champion – EBBA Yankees
Playoff Champion – EBBA Red Sox
Playoff Runner-Up – EBBA Jays

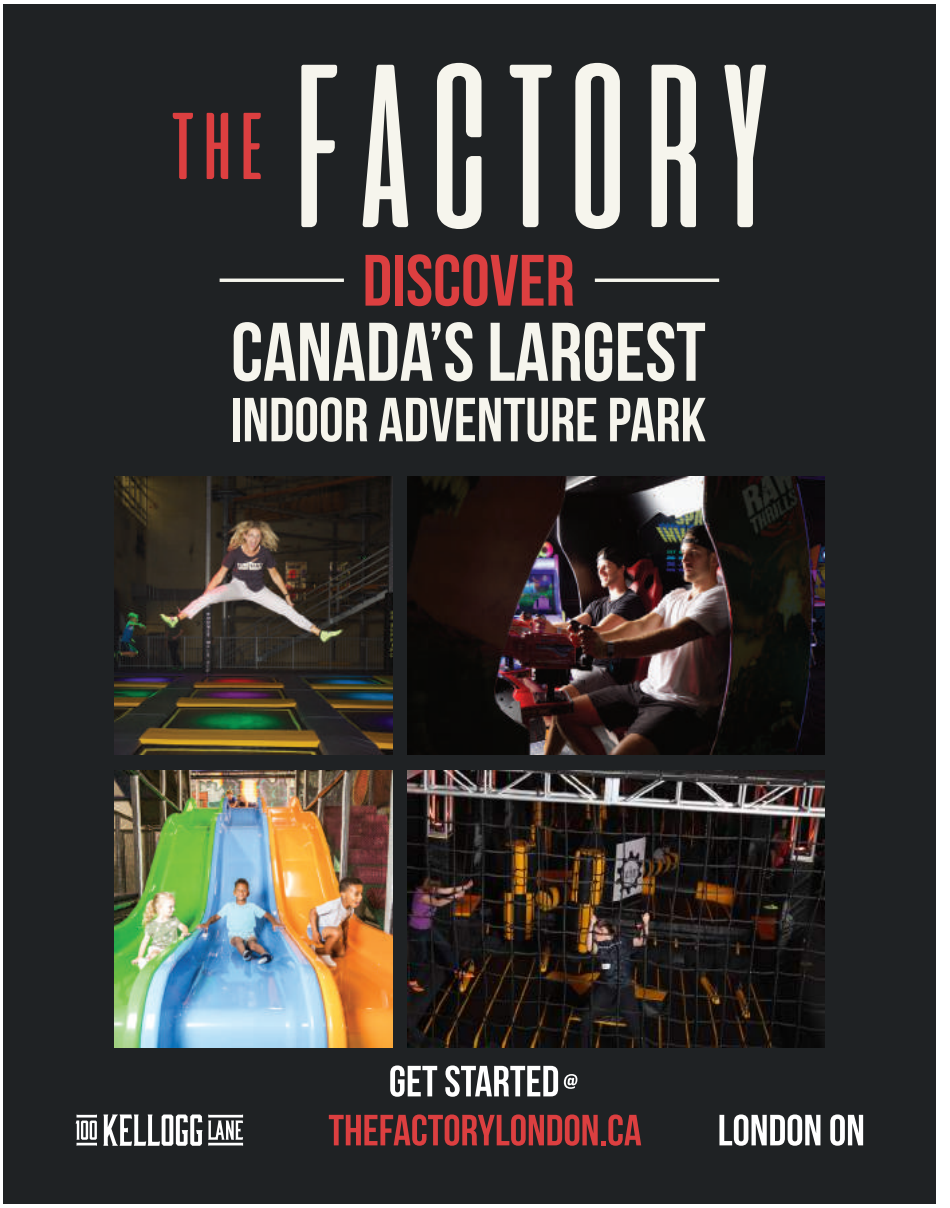
Mosquito (10 & 11-year-olds)
Season Champion – EBBA Yankees
Playoff Champion – EBBA Yankees
Playoff Runner-Up – EBBA Pirates
City Champion – Forest
City Runner-Up – EBBA Yankees

PeeWee (12 & 13-year-olds)
Season Champion – EBBA Yankees
Playoff Champion – Dorchester 1
Playoff Runner-Up – EBBA Yankees
City Champion – DKMB
City Runner-Up – Southwest

Bantam (14 & 15-year-olds)
Season Champion – Dorchester 2
Playoff Champion – Dorchester 2
Playoff Runner-Up – South

Midget (16, 17 & 18-year-olds)
Season Champion – EBBA Jays
Playoff Champion – EBBA Jays
Playoff Runner-Up – North 1
City Champion – EBBA Jays
City Runner-Up – St. Thomas

Registration for EBBA's 2020 house league season will open online January 1. Indoor conditioning clinics for registered players will start the week of January 6. Please visit the EBBA website for more information. **www.ebba.ca**



Let the baseball continue!

CENTREFIELD SPORTS

Submitted by Centrefield Sports

As the days grow shorter and the leaves fall, Centrefield Sports keeps the baseball season alive, as the facility gets busier with lessons, clinics and indoor leagues to keep all players' skills in top shape.

Starting in October, our fall clinics and extended hours kicked off. The facility will be open every day of the week to accommodate all off your training needs. Four-week clinics will also be happening, to get the off-season going, with eight-week clinics running throughout November and December. Rookie, Mosquito, and Slo-pitch leagues will be running throughout the fall as well. Private baseball lessons and rentals are also available, but slots are limited and will fill up quickly.

Centrefield will be offering many Holiday and PD camps during the winter months. Make sure to call or email in order to be added to our email list to receive notifications about when registrations open.

A new season starts for the Great Lake Canadians program following their fall college trip packed with visits to nine schools at the D1, D2, and JUCO levels.

While Centrefield Sports offers top-notch baseball training, the facility also opens its multi-purpose space to football training, rugby, soccer, cricket, lacrosse, field hockey and flag football – among other activities.

Memberships are available to purchase, which can be geared to the specific needs and/or commitment level of the player. They vary in length from one month to 12 months, with gym-specific memberships as well. Contact us today!

www.centrefieldsports.com

Fall means even more action at Centrefield Sports, where ballplayers can continue to hone their skills despite the colder weather outside. The indoor facility offers lessons, clinics, leagues and more!

New season, tournaments and more

Contributions by David Willsie

The London Annihilators are looking to regain their national champion status this year, and they'll be hitting the hardwood at numerous competitions in preparation to do just that. With a good mix of new players and seasoned veterans, player-coach David Willsie believes the team's chemistry will serve them well this season.

"It's a good, loose and fun group of players off the court, who then tighten things up on the court when the game starts," says Willsie, who, besides being a long-time member of the Annihilators, is a five-time Paralympic Games athlete, representing Canada on the world stage. "We have a pretty balanced attack, and we definitely have a lot of talent, as many of our players are also preparing to wear the red and white at the 2020 Paralympics in Tokyo."

The Annihilators practice weekly on Saturdays at Dorchester Arena, and they compete in 10 tournaments throughout the season. This year, in addition to making return trips to Phoenix, Tampa Bay and Montreal, the team has added events in Las Vegas and Vancouver to their season schedule.

"We took the summer off and since then we've been working hard to prepare for a successful season, especially in the fall and winter as things really get rolling," says Willsie. "We have a mix of Team Canada members, who are full-time athletes, and players who, thankfully, have jobs with great flexibility that allows them to compete in high-level wheelchair rugby events around North America – and sometimes internationally."

The Annilihators are always looking for new recruits. Often, new players arrive through word of mouth. 'Murderball' of-

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Tourney a big hit!

Submitted by Lou Dawg's Southern BBQ

Lou Dawg's wasn't going to let the summer softball season end in any ordinary way. To cap off an incredible season of sponsoring local London softball teams, Lou Dawg's held their very own 1st Annual Softball Tournament – the 'Lou Dawg's Slow Smoked Slo-Pitched Tournament.'

With six teams in attendance, the day was filled with non-stop, competitive games – and, of course, some slow-smoked BBQ. Teaming up with the Brandon Prust Foundation, money was raised in support of their Prusty4kids initiatives. London's own Powerhouse Brewing Company was also in attendance to keep the players fuelled!

The Lou Dawg's Smokin Bases – the 2019 champions of 'Lou Dawg's 1st Annual Softball Tournament,' in support of Prusty4Kids

With a great turnout at the diamond, the good times continued back at Lou Dawg's London (519 Richmond Street), with live blues music all night long! Lou Dawg's wants to thank all of the teams, players and partners that were able to make the 1st Annual Tournament possible. With plans already set in motion for next year's tournament, Lou Dawg's London looks forward to having returning teams (including the champions come to defend their title!), as well as new teams to sponsor next softball season in London.

www.loudawgs.com

WE SERVE
GOOD TIMES

David Willsie, a player and coach with the London Annihilators, is also an assistant coach with Team Canada's Wheelchair Rugby program

ten inspires people to get involved in wheelchair rugby. So, in addition to competing at a high level and chasing national championships, the Annihilators are constantly recruiting and developing new generations of players.

How did Willsie first get involved? Harry Deboer, a local coach from Strathroy, recruited him straight out of Parkwood Hospital in his late 20's, and he's had a passion for the game ever since. It has led him to competitions all over the world, allowed him to captain Team Canada from 2000 to 2012, and bring him a great deal of joy.

"Wheelchair rugby is fun, fast, and hard hitting," says, who is known for his versatility and toughness. "It's everything that you want in a sport. I had no idea it would take me this far, but it's been a great ride.

"I also want to say a special thanks to the army of people involved in helping our team – from family, friends, volunteers and sponsors. They help make it all possible for the Annihilators to represent London and compete in a game that we all love."

www.wheelchairrugby.ca

New ball champs crowned

Submitted by London Mens Baseball League

The London Mens Baseball League wrapped up their 2019 season on Sept 22 with three final games played under windy but dry conditions at Dan Pulham Stadium.

There were new champions crowned this year in each final, showing that anyone has a chance to take home some hardware from season to season.

The day opened with the B Championship at noon between the top two seeds in the B bracket, the Cubs and Giants. It was a close game, with the Giants capitalizing on some untimely mistakes by the Cubs. A sac fly, an error, and a bases-loaded walk contributed to all of the scoring, as the Giants took home the B Championship by a 3-0 score.

The second game of the day was the one everyone was waiting for, as the top-seeded Werewolves took on the #2 seed (and last year's champion) Aquarium Services. It was another tight contest, with all of the scoring coming on some timely hitting in the third inning. The Werewolves jumped out to a 2-0 lead and never looked back, as they cruised to claim their second A Championship title in three years!

The final game of the day was the A Consolation between the Rays and Tigers. After jumping out to an early 2-0 lead, the Rays let the Tigers 'claw' back into it and tie the game at 2 in the top of the fifth. After suffering a loss in this game last year, the Rays weren't to be denied in 2019 – they wanted those winning T-shirts! They scored one of their own in the bottom of the 5th and held on for a 3-2 victory!

Seventeen regular season games, three playoff games – and THREE winners!

Anyone 30+ is welcome to join our recreational baseball league – why not give it a try? It's the better alternative to slo-pitch! And more than one-third of our schedule is played at beautiful Labatt Park!

www.lmblbaseball.ca

ABOUT LONDON MENS BASEBALL LEAGUE

The LMBL is a drafting league, as all new players register as individuals and are allocated to the existing 14 teams in April through the league drafting process.
We do not accept team entries.
We are a recreational league, but playing experience is recommended. Players must be cognizant of their abilities, as baseball can be a dangerous game for those lacking the basic skills necessary. Our league ranges in age from 30-80+.

Registration for 2020 is now open. Visit our website for more information or to register:
www.LMBLBaseball.ca

Werewolves – 2019 'A' champions

Giants – 'B' champions

Rays – 'A Consolation' champs

The LMBL's Rays celebrate their consolation victory with their new T-shirts!

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Milestones highlight solid season

By Noah Smith and photos by Matt Hiscox Photography

With the winter months and the colder weather on its way, there is no better time to sit back and look back on the 2019 season that was for the London Majors, which was a season filled with many ups, and many downs.

Long-time Majors manager, Roop Chanderdat, mentioned a number of times at the beginning of the season that a mix of new blood in the Majors' lineup would bring excitement to the team. An extensive roster turnover in the offseason certainly made for plenty of new faces to get used to on the grounds of Labatt Park when the season kicked off in May, and the early season struggles showed that.

The Majors limped out of the gate, winning just two of their first 10 games. But they didn't let it affect them much, and during a stretch of games in mid-June, the team won eight of nine games, and they earned a big 15-3 win over the eventual Intercounty Baseball League (IBL) champion Barrie Baycats in front of a sold-out crowd on Canada Day.

At the conclusion of the 36-game regular season schedule, the Majors managed to finish the season with an even 18-18 record, good for 5th overall in the IBL. That fifth-place finish would set up a meeting with the Welland Jackfish, the league's newest team, in the first round of the playoffs. Unfortunately for the Majors, the Jackfish were too much for London, as the Welland ballclub won the series four games to one, thus ending the season for London's boys of summer.

Regardless, the 2019 season saw some exciting moments on the field for some long-time Majors players – and for some of the new faces as well. Familiar slugger Cleveland Brownlee finished the season with 11 home runs and 29 RBIs, marking the fourth time in his career and second straight season that he compiled double digit home runs. Brownlee also managed an impressive milestone, collecting his 100th career IBL homer on Canada Day. That same day, meanwhile, catcher Mike Ambrose collected his 200th career hit – a double down the left field line. Ambrose finished the year with five home runs and 20 RBIs, which helped earn him a 2nd Team All-Star Catcher selection. Roop Chanderdat also reached a milestone this season, as the manager earned his 300th career regular season win (July 7 vs. the Hamilton Cardinals at Labatt Park).

Two of the new faces that impressed the most for London in 2019 were Montreal native Ismael Pena and Venezuelan hurler Juliandry Higuera. Pena was a two-way player who excelled both at the plate and on the mound. He finished the year with a .307 batting average, seven home runs, and a team-best 30 runs batted in, which earned him a 2nd Team All-Star Outfield selection. As for Higuera, the former Toronto Blue Jays prospect was a force to be reckoned with on the mound. His 81 1/3 innings pitched and 97 strikeouts led the IBL.

Overall, the 2019 season was one that excited the fans, and hopefully created new ones in the forest city. The Majors would like to thank all of their team sponsors – and the thousands of fans who came out to support the ballcub this past summer. Without you, the season could not happen, and we thank you. We look forward to seeing everyone when the warmer weather comes back for another season of London Majors baseball!

www.londonmajors.com

Veteran catcher Mike Ambrose, a homegrown Majors player, enjoyed a solid season in 2019, knocking out five home runs and collecting 20 RBIs en route to earning 2nd Team All-Star honours.

It was a season of ups and downs for the London Majors in 2019, as the team finished 18-18 in the regular season and were then eliminated in the first round of the playoffs by the Welland Jackfish.

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Stellar season capped by Cup win

By Tanya Nolte and photo by Martin Bazyl Photography

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The Dorchester SC Alliance U13 girls had quite a year together, capping off a stellar season with a provincial championship. Kicking off their first year of scores and standings, the girls set out to make an impact – and they certainly did that.

Opening their outdoor season in April, the team attended the McMaster tournament where they played a year up and won the championship in the U14 Division. In May, they brought home the Umbro SuperCup Championship in Mississauga, where they met teams from Oak Ridges, Toronto High Park OPDL, North Mississauga OPDL, and Burlington OPDL.

Playing in the Western Ontario InterDistrict League, the Dorchester girls finished the season tops in their division with an impressive 16-0 record. They scored 115 goals overall and recorded 10 shutouts, including in the league Kick Off Cup.

In July, the team entered The Robbie Tournament in Toronto, one of the largest tournaments in Canada. There, they met teams from both Ontario and Quebec and, after three days of game play, the team brought home the prestigious gold medal.

Ontario Cup play started two weeks later, and the team traveled to Sault Saint Marie for round robin action. Competing against Soo City United, Burlington, and Richmond Hill the girls finished a perfect 3-0. After hosting a quarterfinal match against Hamilton, and traveling to Oshawa for the semifinal match with Erin Mills, the girls found themselves on their way to the championship game.

Dorchester SC Alliance U13 Girls team: Back row (left to right): Andreas Nolte (Head Coach), Tanya Nolte (Manager), Alina Ward, Abigail Andersen, Brooklyn Anderson, Alana Kendrick, Maddie Min, Lowyn Weber, Ella Willoughby, Alison Williams, Robin Sucuqui (Assistant Coach), Steph Weber (Assistant Coach). Front row: Micaela Scratch, Kailey Hill, Cadence Oliveira, Bella Nolte, Julia Tunks, Delaney Stacey, Ava Donohue, Aryn Workentin, Anastaysia Letsos

Finals were set for September 14 at the Ontario Soccer Centre in Vaughan. The team faced Niagara Regional, and they ended up with a 2-0 win to bring home the provincial title. A prestigious honour, to be sure, as the Ontario Cup is the largest tournament of its kind in Canada (in its 104th year of play). Congratulations to all the U13 girls!

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CANADA

Club doubles up on soccer titles

Submitted by Jagiellonia London and photos by Karen Chelladurai

Jagiellonia London, a relatively new soccer club in the city, has made a name for themselves, including topping the Western Ontario men's soccer scene during the summer of 2019. In fact, in addition to becoming 2019 Western Ontario Soccer League (WOSL) champions, the team was also crowned MMSL League

> "the men's team went undefeated for a second consecutive season, giving them a record of 34 wins and 2 ties over the last two years."

Jagiellonia Premier Men's Team: Front Row (L to R): Cyrille Ndikizang, VIctor Noguera, Zheger Hassan, Brandon Munera, Jason Wright, Cristian Devia, Matt Pizzuti, Zac Belanger. Back Row (L to R): Robert Mboko, Hanner Aleman, Klaas Stoker, Danny Breuninger, Jakub Waszkowski, Daniel Gonzalez, Scott Shewfelt, Kyle Breuninger, Steve Irish, Andrew Gravett, Roger Martinez

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Reflecting on an amazing season

Both Men's and Women's teams excelled in League1

Submitted by FC LONDON

With the 2019 outdoor season concluded, both FC LONDON and London TFC Academy are celebrating. As leagues wrapped up for the season, the club was counting the hardware ... and the tally was impressive, with teams taking home gold and silver medals at the elite League1 Ontario level.

The FC LONDON women's team ended a solid regular season with an incredible playoff run culminating in a 1-0 defeat over the Oakville Blue Devils in the playoff final – with the winning goal scored by none other than Jade Kovacevic. The shutout belonged to Emily Gillet. No less impressive was the involvement of the multiple Academy players who made their way into the League 1 roster, as well as the various players who were selected for 1st and 2nd team All-Star teams. Julia Benati, Marissa Oliviera, Daniela Strano and Kovacevic were all named to those teams, while Kovacevic, for the 4th year in a row, also earned the Golden Boot award.

The men's performance was no less impressive, as the team squeaked into the playoffs and then mounted an impressive run to the finish line with style. A heartbreaking loss for Mike Marcoccia's squad in the final vs Master's Futbol was the end result, as the team came away with the silver medal. In similar fashion, FC LONDON's men's players earned various honours, as Connor Wilson, Mohammed Reza Nafar and Ethan Gopaul were each named All-Star team selections. The men's League 1 Reserve team, meanwhile, also tied for top spot in their league, losing only by goal-differential.

The club's Academy program (London TFC Academy) participated in the highest leagues in the province and enjoyed success at all ages – in both the OASL and OPDL leagues. Hats off to the U17 boys team that came home with a silver medal in the OASL Cup Final (coached by Paulo Sousa).

Looking ahead to 2020, FC LONDON is continuing to expand, with National level coach Jon Hasson taking the helm as the Youth Technical Director. Meanwhile, 2020 will represent the start of a new era in London soccer, with the building of Tricar Field. This full-sized field, which will be equipped with lights, is scheduled for operations in the spring of 2020, and it will serve as the training facility for the club. The field is the concept of the Carapella family, who are making a significant impact in London sports and recreational athletics with their constant community support.

For more information about London TFC Academy, visit our website.

www.fclondon.ca

FC LONDON are League1 Ontario champions for the third time

The new Tricar Field, fully equipped with lights, will be utilized by both London TFC Academy and FC LONDON beginning next spring

and Cup champions.

Earning the WOSL title for the second year in a row, the men's team also went undefeated for a second consecutive season, giving them a record of 34 wins and 2 ties over the last two years. During that time, they have scored 140 goals while allowing only 14 goals in 36 games.

Meanwhile, the Jagiellonia London men's team also reached the semi-final of the Ontario Cup competition.

At the Masters level, the Jagiellonia team won both the Middlesex Masters League and Cup titles. That marked a step up from 2018 when they finished runner-up in both league and cup competitions.

With the men's team and Masters team capturing the WOSL and MMSL titles, respectively, Jagiellonia London became the first soccer club to have a team win both honours in the same season.

Perhaps just as impressive? The diversity of the Jagiellonia London club, as the players on both teams combined to represent a remarkable 23 countries in terms of their origins/backgrounds.

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Jagiellonia Masters Team: Front Row (L to R): Jason Cabral, Jason Wright, Alex Ponce, Dany Mohand, Arqui Hernandez, Mark Boyd, Manuel Almandarez, Steve Howard. Back Row (L to R): Robby Campbell, Nilton Cabral, Wayne Knight, Filippo D'Emilio, Haig Douglas, Travis Gordon, Brian Abidakun, Damian Mazurkiewica, Jay Serbouti, Hanson Aristilde, Ruban Chelladurai

Soccer success for men's squad

Contributions by Ardion Kozhani

They've been successful on the pitch for years, and they enjoyed another strong season in 2019. Playing in southwestern Ontario, including in Kitchener for league play, 'Ardi's Team' won five consecutive league championships during their impressive run over the years.

Ardion Kozhani is a former member of the team, while his son, Arianit, the owner of A & E Furniture and Lighting, proudly wears the orange jersey. The family has been playing soccer ever since they came to Canada back in 1999 from Kosovo. Another former member of the team is Fidan Bytyqi from Ayr Drywall, who has been a major part of the men's soccer team.

A & E Furniture and Lighting, meanwhile, is happy to support youth soccer in the community by sponsoring teams and players. But it's not just on the pitch that the team helps others. This year, they held a charity tournament and raised more than $5,000, which they sent to their homeland to help build a house for a family in need.

Back in Ontario, A & E Furniture and Lighting is looking to get even more involved on the soccer pitch, sponsoring and starting more teams in London. Meanwhile, two years ago, they also got more women involved in the game by creating a mixed team which plays against other co-ed teams in tournaments in the area.

They've won many accolades over the years, and 'Ardi's Team' has direct ties to A & E Furniture and Lighting, which is a proud supporter of youth and adult soccer in London and southwestern Ontario.

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Dante's Magical journey

Contributions by Daniel Carraro

It was more than 10 years ago that a young Dante Carraro tried on his first pair of cleats and fell in love with the game of soccer. Through the Timbit league, and then eventually off to a more competitive environment, Dante would soon join a team within the London German Club Soccer organization. There, under the guidance of his coach, Dan Caslick, Dante settled in as a goalkeeper. The rest is history.

On Caslick's recommendation, Dante tried out for and earned a spot on the now-2004 London TFC team. General Manager Dave DiBenedictis quickly took notice of Dante's abilities, and he sent the youngster for his first Provincial Trial. Meanwhile, Carraro also worked many sessions with local goalkeeper trainer Mark Haynes. Dante made his first Team Ontario and then began playing within the OPDL with the Vaughan Azzurri.

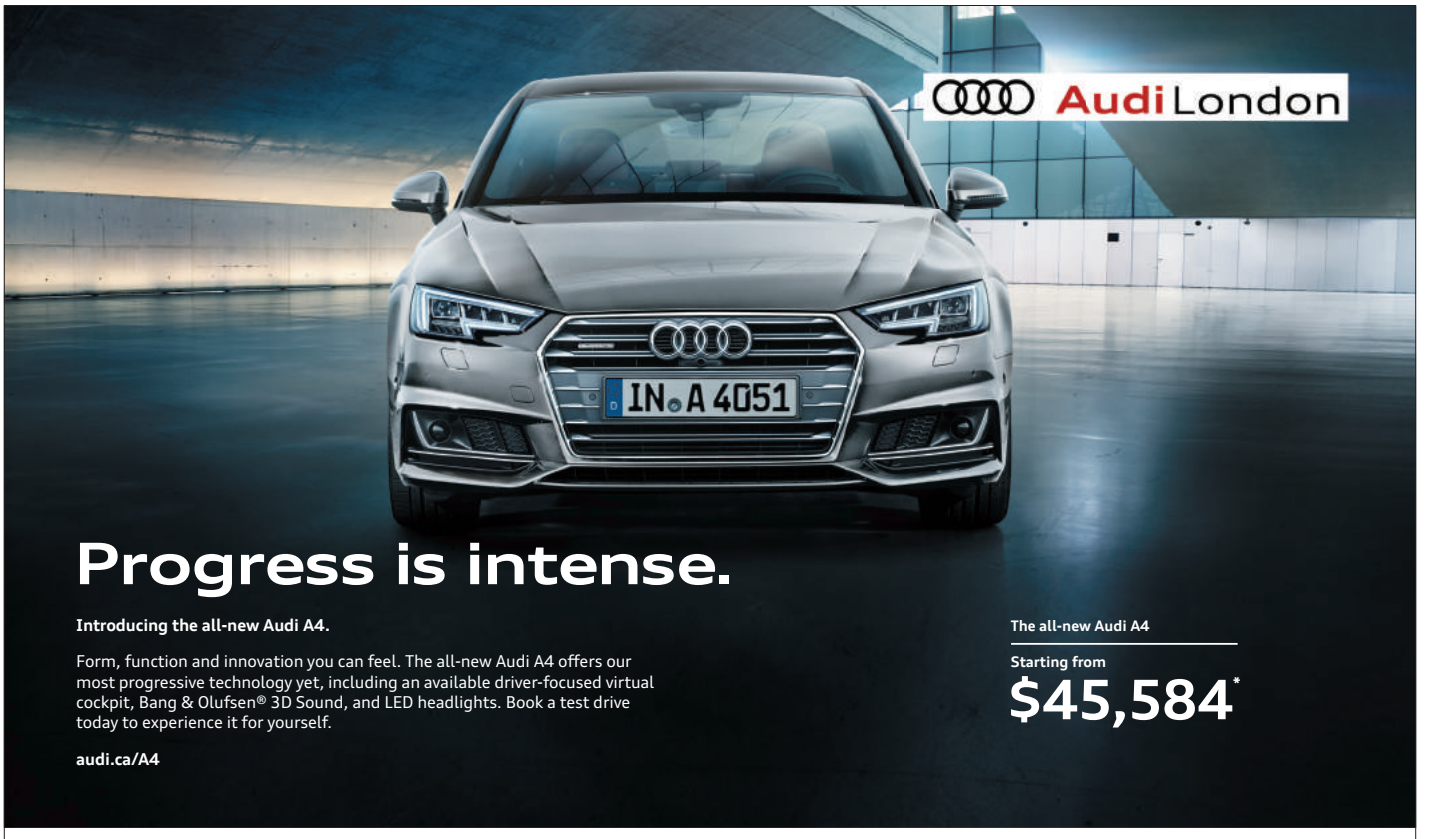
There, Dante continued to sharpen his skills with keeper trainer Paolo Ceccarelli. The commitment meant long drives from London to Vaughan for practices and games, which added up to about 2,000 kilometres of driving each week.

Before the move to a Toronto-based team, Dante earned a unique opportunity, as his regular keeper trainer, Robert Stillo, mentioned that the 2004 Boys Milton Magic needed a keeper for a big showcase tournament in New Jersey. The head coach of the team, Shayne Griffin, invited Dante to the event, where the team finished an impressive second place. And it was at that tournament where Dante's natural connection to the team would later inspire him to make the Milton Magic his home.

After an undefeated season in league play, and after allowing no goals in the Ontario Cup preliminary rounds, quarterfinals, semifinals and even in the finals, Carraro and the Magic earned their first Ontario Cup Championship. That earned them the chance to compete in the Toyota National Championships in Edmonton in October in the under-15 age group. There, the Magic performed well once again, earning a fifth-place finish in the country.

It was a remarkable season, indeed, for the young goalkeeper, and the future is bright for Carraro as he continues to pursue his soccer dreams.

Dante Carraro, a London-born goalkeeper, won an Ontario Cup Championship last summer with the 2004 Boys Milton Magic team and earned a trip to the Toyota National Championships in Edmonton in the fall.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WALK-IN NOTARY

Club has the 'Fire' for V-ball

Submitted by Walk-In Notary

With a new season of fall and winter sports underway, Walk-In Notary is providing an opportunity for various minor sports associations in London and surrounding areas to profile themselves. This month's organization is the London Volleyball Club (LVC)!

Organizations define success in different ways, depending on their values. In many sports organizations, success is defined by wins and losses. At LVC, though, the guiding motto is 'love the game.' The London Volleyball Club defines success not by the number of wins, but by the number of participants who love the game and give back to their community.

Over the past seven years, LVC has helped create lasting memories for athletes and instilled a love for the game that has our alumni hooked on volleyball for life. Here are some statistics from LVC's first seven years:

- 71 athletes have graduated to play university/college volleyball
- 28 athletes selected to represent Team Ontario
- 13 athletes selected to represent Team Canada in international competition
- 11 alumni now coaching in the Ontario Volleyball Association
- 9 alumni now refereeing in the Ontario Volleyball Association
- 8 Team Ontario/Team Canada coaches on staff
- Annual donations and fundraising efforts from individuals and teams to local charities – including the London Food Bank, 'Koats for Kids,' and Lifespin.

The London Volleyball Club (LVC) has enjoyed tremendous success in its first seven years, graduating numerous talented volleyball players who have pursued the game at university as well as on provincial and national teams.

If you would like to get involved in the great sport of volleyball, in any capacity (player, official, coach or volunteer), check out what LVC means by 'LOVE THE GAME' by visiting www.lvcfire.com or getting in touch with the organization!

As is sometimes the case, athletes may need to travel outside of Canada to participate in tournaments. When someone under the age of 16 travels outside Canada, a consent letter may be required. At Walk-In Notary, we are happy to assist you with drafting or notarizing your consent to travel letter (or both), as well as any other notary needs. We are open Monday to Friday from 9-5 pm, no appointment necessary. You can find out more information at:

www.walkinnotary.ca

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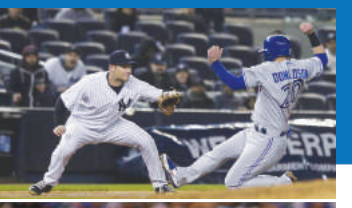

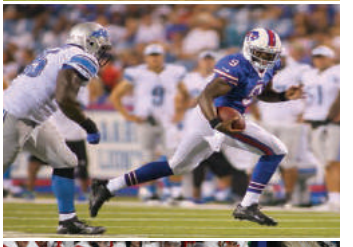

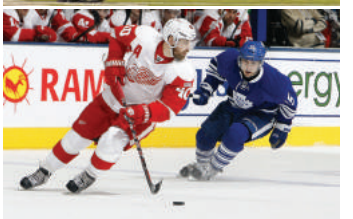

Hall of Fame for FCVC Founders

Submitted by Forest City Volleyball Club

Forest City Volleyball Club (FCVC) is the longest-running and most successful youth volleyball club in London and surrounding areas. As we have just kicked off our 28th season, we are thrilled to celebrate two of our remarkable founders – Jane and Vaughan Peckham – on their induction into the London Sports Hall of Fame. They earn the recognition at the 2019 induction event on Nov 7.

Jane is a past recipient of the London YMCA Women of Distinction Award (1997) and has been a key volunteer with many athletic events in London, including the 2001 Canada Summer Games, the 2004 Ontario Winter/Summer Games, and the 2005 World Transplant Games. Jane and Vaughan, meanwhile, received the Paul and Shelley Brownstein Award in 2013 (awarded by Ontario Volleyball) and were inducted into the OVA Hall of Fame in 2018. Jane was also named the 2016 Ontario Volleyball Association Female Coach of the Year.

Vaughan has coached at Western and Fanshawe, and he has coached thousands of athletes in the competitive Forest City Volleyball Club and Acorn Volleyball development programs over the years. Vaughan has coached many athletes who have continued on to play varsity and pro volleyball, including London Sports Hall of Fame inductees Al Coulter, Paul Duerden and Jeff Glass. Vaughan was also inducted into Western's Sports Hall of Fame in 2011.

Follow us on Facebook and Instagram to cheer on our FCVC competitive teams throughout the 2019-2020 season!

Many of the athletes who have had the privilege of being coached by Jane or Vaughan have become exceptional FCVC coaches themselves, and their wisdom and skills will continue to be passed on for generations to come. Please join us in congratulating Jane and Vaughan on this well-deserved honour!

FCVC Development Pathway

Our Development Pathway starts with athletes as young as 4 to 8 years old in our Mini-Acorn program, where physical literacy and volleyball foundations are explored in a safe and fun environment. From ages 9 to 14, boys and girls participate in our hugely popular Acorn program, as they develop volleyball skills in a fun and fast-paced 90-minute program of skills and scrimmages. These programs sell out quickly, so please visit www.forestcityvolleyball.com to register for winter programs today!

Thank you to the 400+ (record number!) athletes who attended tryouts for an FCVC competitive team this year. We were so impressed by the work, effort and talent observed on the courts! Congratulations to the successful players – we wish you and your teams the best of luck this year in your development and success as you compete in tournaments throughout the season. Follow us on Facebook and Instagram to see live results and cheer for your favourite FCVC team! Go FC!

Jane and Vaughan Peckham, two of FCVC's founders, have been named new members of the London Sports Hall of Fame for their tremendous work developing youth volleyball players in the region.

Jane Peckham (photo on left) has won numerous accolades over the years, including being named a London YMCA Women of Distinction Award winner. She was named OVA Female Coach of the Year in 2016 and was inducted into the OVA Hall of Fame in 2018. Vaughan Peckham (photo on right), meanwhile, was also inducted into that organization's Hall of Fame in 2018, and he has coached thousands of FCVC athletes over the years in addition to coaching at Fanshawe and Western (he was inducted into Western's Sports Hall of Fame back in 2011).

forestcityvolleyball.com | facebook: FCVCLondon | twitter: @go_fcvc | instagram: forestcityvolleyball

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A Club with a bright future

Submitted by Forest City Diving Club

Forest City Diving Club (FCDC) has seen many successes over the years. Most recently, two of our divers represented Canada at the 2019 Junior Pan Am games in Santiago, Chile. Katelyn Fung competed in four events and earned four podium finishes, while Joshua Inglis also received a medal in his favourite event – 3m Synchro. FCDC is extremely proud of our divers as they achieve their personal goals with success.

This season, we welcome Jorge Pupo Carballo to our full-time coaching staff. Jorge comes to us from Havana, Cuba where he was an elite diver representing Cuba with many podium finishes at international competitions, including the 2008 Beijing Olympic Games. His diving career and experience has made him a great addition to our club – and to Canada, where he can continue his work with talented athletes to achieve their dreams. This past summer, Jorge and his wife, Inima, welcomed a baby boy to their family.

New to our FCDC competitive stream is the Rising Stars Program. Athletes were chosen for this new and exciting program from talent ID of our Learn to Dive (LTD) athletes. A tryout was also held for children from other sport disciplines as part of the selection process. The goal of the program is to develop the proper foundation in body mechanics while being active in a fun and stimulating environment. This will improve dive ability and progress the athletes towards our competitive program.

Don't aspire to be a competitive athlete? FCDC offers a recreational diving program as well, where no skills are required except the ability to swim comfortably in deep water. Ages 5 and up (including adult) programs are available.

Our LTD staff are certified instructors through Dive Ontario and have their NLS certification as well (it helps that they are also current or former dive athletes of FCDC). This program is overseen by our full-time coaches, who provide feedback to help our young coaches improve. To showcase their skills, two mini meets are held twice a year.

Check out our website for more information on LTD session, March Break and Summer Camps: www.forestcitydiving.com. COME DIVE WITH US!

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Eat Fresh...Run Fresh

Contributions by Beckie Wright

It was another successful competitive season for the cross country team at Sir Frederick Banting Secondary School this fall, as the team competed in several meets, striving to qualify athletes for the WOSSA meet at Fanshawe Golf Course in October, and the OFSAA Championships in Sudbury in November.

A very cohesive team, the Banting runners support each other – all the way from grade 9 through 12.

"Whether you are the first runner in or the last runner in, all team members are there to guide one another," says Beckie Wright, who has been coaching cross country at the high school for 20 years. "The team's start line cheer is their signature in school spirit, and the seniors take pride in teaching the new members of the team."

Banting has long had a successful cross country program, fielding winning teams and athletes in all age groups. And this year was no different, as the athletes competed from September through November. The team practiced daily after school, working not only on form and endurance, but also things like accountability, communication, and team cohesiveness.

"With this will come success and achievement," says Wright. "Every person on the team has a role, and they know their role is just as important as the role of the person beside them. Our motto is work hard and you will be rewarded."

And they have been rewarded – both in the standings at meets as well as in developing teamwork skills and lessons that they'll carry with them after high school.

"They're really an amazing group of students to work with," says Wright. "Their hard work, determination and support of one another does not go unnoticed. Great job, everyone, and congratulations on another successful season of cross country. Eat Fresh? Run Fresh, Go Broncos!"

The cross country program at Sir Frederick Banting Secondary School has been successful for many years, as the Broncos have regularly fielded winning teams and athletes who have won age group and TVRAA championships.

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Warner wins worldwide

Submitted by Ellison Travel & Tours

It was a huge year for Londoner Damian Warner in 2019. Having returned to his hometown after two years in Calgary, Damian had a lot to prove. And he did so in spectacular style, winning the first big meet of the year in Gotzis, Austria for a record-tying fifth time. Damian's final score of 8,711 points held up as the top score in decathlon in the world for the 2019 season.

In August, Damian flew down to Peru and captured the gold medal in the decathlon at the Pan Am Games. In doing so, he became the first male athlete to successfully defend a Pan Am Games championship in the decathlon, as he backed up his win in 2015.

After an unfortunate ankle injury hobbled him, Damian still managed to win a bronze medal at the World Championships in Doha on Oct 2-3. In doing so, Warner became the first Canadian track and field athlete to EVER win a medal at three different World Championships in a single event! Damian also won the IAAF Combined Events Championship for 2019, with the highest score ever recorded in the event.

Damian and the rest of 'Team Warner' would like to thank Doug Ellison and Ellison Travel for their support in arranging our travel across North America and around the World! We would also like to thank our biggest supporter, Vito Frijia and Southside Construction, for believing in Damian when nobody else would. London Life and Sifton Properties have also provided Damian with tremendous support, and for that we are very grateful.

Damian got October off, and then he begins training for the Olympics in Tokyo next summer. Damian has been very fortunate to receive the help and financial support of many Londoners, but traveling to warm weather locations to train is very expensive and he needs even more help if he is to win gold in Tokyo. Every little bit helps when an athlete like Damian is competing against the very best in the world. So, please feel free to contact us if you would like to support London, Ontario's greatest athlete!

Contact: Jeff Fischer - Business Manager, Team Warner at 519-667-0140 or jeff@damianwarner.ca.

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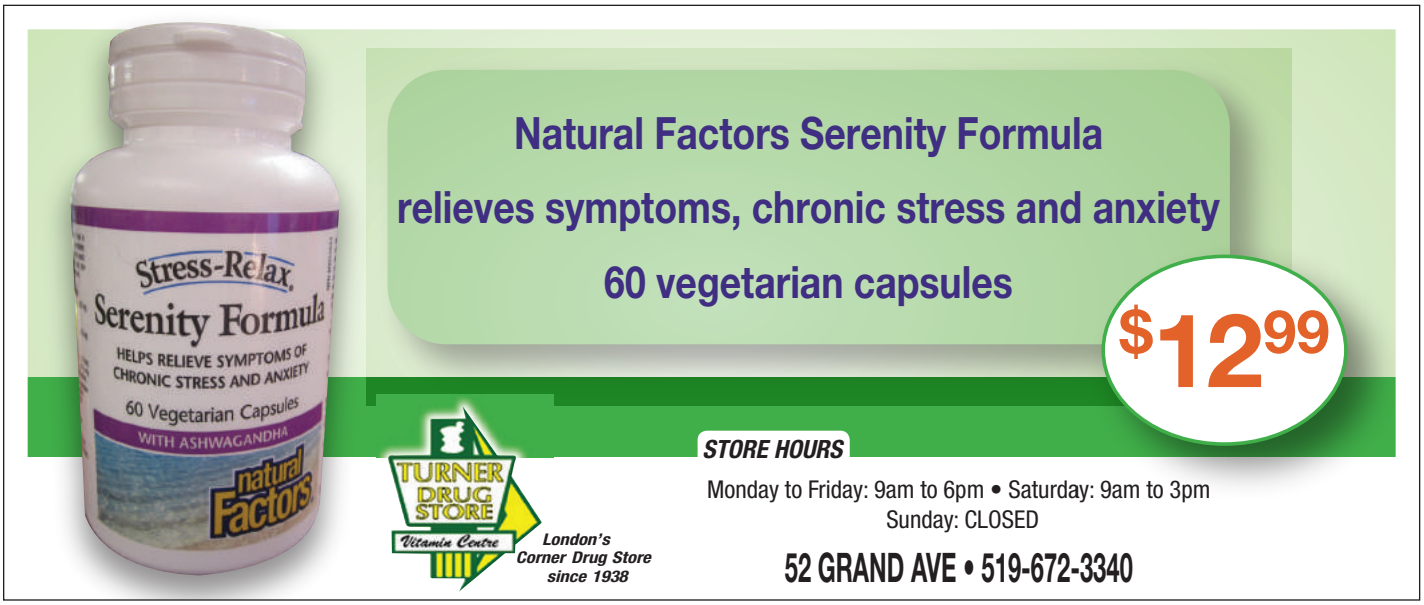


canada life championship

Canada Life Championship Recap

SEPTEMBER 10-16 • HIGHLAND COUNTRY CLUB

By all accounts, the seventh season of the Mackenzie Tour - PGA TOUR Canada, culminated by the Canada Life Championship in September, was the most successful yet. With more alumni than ever (27) on the PGA TOUR heading into 2020, spectators who came out to Highland Coutry Club witnessed play from some of the best players in the world.

As Patrick Fishburn tapped in his birdie putt on Sunday to finish at 21-under par, three clear of second-place finisher David Pastore, he launched himself into the top five on the Order of Merit and onto the Korn Ferry Tour, along with the other nine players who finished inside the top 10 on the Order of Merit.

Giving back to the London community through events like the Million Dollar Shootout, the Canada Life Championship raised $32,000 for ChildCan.

Childcan
Supporting Children and Families through Childhood Cancer

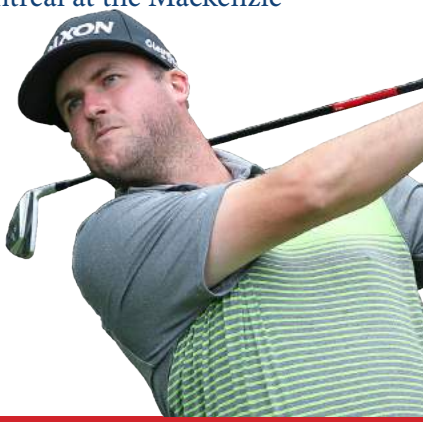
ChildCan is the official charity of the Canada Life

MACKENZIE TOUR PGA TOUR CANADA

CANADIAN PENDRITH'S DOMINANT SEASON

Putting together the best Mackenzie Tour season by a Canadian - ever - Taylor Pendrith has a crack at the PGA TOUR, carrying a massive amount of momentum into the Korn Ferry Tour season.

Finishing second on the Order of Merit to win the Canada Life Canadian Player of the Year Award, Pendrith became the first Canadian to pick up a Mackenzie Tour victory since 2016 in Edmonton at the 1932byBateman Open, firing a course-record 62 to finish the tournament. Three events later, Pendrith won again in Montreal at the Mackenzie Investments Open, firing a course-record 62, twice, to win by eight strokes, tying the largest margin of victory in Mackenzie Tour history. Pendrith will tee it up on the Korn Ferry Tour in January.



Taylor Pendrith will play on the Korn Ferry Tour in 2019

WHO IS PAUL BARJON?

While Taylor Pendrith had the best season by a Canadian in Mackenzie Tour history, Paul Barjon edged the Richmond Hill, Ontario native by a mere $3,000 to earn full Korn Ferry Tour status for the 2020 season.

The 2016 Canada Life Championship winner found his form in a big way in 2019, making all 12 Mackenzie Tour cuts and winning twice, at the Bayview Place DCBank Open and the Osprey Valley Open. Proving his PGA TOUR prowess, the New Caledonia, France native finished in a tie for 20th at the RBC Canadian Open in June.

Finishing the season with eight top 10s and playing 44 out of 48 rounds in Canada under par, Barjon won the Mackenzie Tour Player of the Year award and looks to become the sixth (out of a total of seven) former Players of the Year to play on the PGA TOUR. He will need to finish inside the top 25 on the Korn Ferry Tour in 2020 in order to accomplish his goal.

Outdoor is over, indoor begins!

Submitted by London Junior Golf Development Centre

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City courses crown '19 champs

Submitted by City of London Municipal Golf

The City of London's municipal golf courses held their annual club championships this fall, featuring some excellent play across all courses. Winners and scores are included below ...

River Road Men's Club Championship Results (2019)

- Overall: Kurt Kruisselbrink – 73-75
- 'A': Mark Herbrand – 75-75
- 'B': Mark Graham – 81-74
- 'C': Brandon Viaene – 77-81
- 'D': Fred Blake – 85-89
- Senior: Rob Lalande – 81-73

Thames Valley Men's Club Championship Results (2019)

- Overall: Pierce Saly – 69-73
- 'A': Tony Bianchi – 72-73
- 'B': Errol Lake – 74-76
- 'C': Rob Wharry – 79-78
- 'D': Ron Kalar – 76-81
- 'E': Ed Forrest – 94-96
- Senior: Tony Bianchi – 72-73
- Super Senior: Julio Devuono – 77-78

Fanshawe Men's Club Championship Results (2019)

- Overall: Jay Dunlap – 70-74
- 'A': Lee French – 74-71 (1st Playoff Hole)
- 'B': Austin Walls – 73-77
- 'C': Fredrik Liljegren – 79-85
- 'D': Dave Ryan – 81-88
- 'E': Brett Farrell – 87-93
- Senior: Chris Webb – 71-76 (1st Playoff Hole)
- Super Senior: Tom Cameron – 80-77

Thames Valley Ladies Club Championship Results (2019)

- Club Champion: Kathy Clark – 81
- Senior Club Champion: Jill Harness – 83
- 0-19 Flight: Freda Donovan – 87
- 20-26 Flight: Janet Laderoute – 92
- 27-35 Flight: Cathee Crinklaw – 98

Fanshawe Ladies Club Championship Results (2019)

- 'A': Freda Donovan – 94
- 'B': Nancy Cornish – 101
- 'C': Liz Corbett – 110
- Senior: Freda Donovan – 94

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London club second in Cup play

Contributions by Senior Ryder Cup and photos by Chris Parris

It came down to an exciting one-hole playoff, and when the final putts were made at Devil's Pulpit in early September, the Whitevale Golf Club came away victorious at the 21st annual Senior Ryder Cup (SRC) Championship. In doing so, they captured the Art Stead SRC Championship Trophy.

The Whitevale team, whose club is just north of Pickering in the GTA, combined to score 22 points, which tied them atop the standings with the London-based Sunningdale Golf & Country Club. But the one-hole playoff decided things, and captain Bob Nebel and his team earned the win.

Representing the runner-up Sunningdale club from London was Wally Keating, Mike Lewis, Dave Bergeron, Jimmy Perivolaris, Peter Aharan, Gerald Martin, Dan Isen and Dave Speir.

Meanwhile, another London-area club, the West Haven Golf and Country Club, finished in a three-way tie for fourth place – alongside the host, Devil's Pulpit, and The Oaks Golf Club.

Sixteen clubs competed on the final day of the Senior Ryder Cup Championship, an event that includes as one of its major sponsors Lexus of London. Over the course of the full season, more than 1,000 matches were played by more than 1,400 of some of the best senior golfers from across southern Ontario (representing 118 different clubs), as well as Eastern Michigan (two clubs) and Western New York State (four clubs).

The Senior Ryder Cup has clubs stretching from Windsor to Belleville (and as far north as Bracebridge). The SRC features eight-man teams playing two-man better ball, scramble, shamble and Chapman formats.

Next year, the SRC expects to expand to 136 clubs for the 2020 season, adding clubs from the Ottawa area. The Senior Ryder Cup was created more than two decades ago, by a small group of senior golfers, to provide an opportunity for senior male golfers in Southern Ontario who enjoy competitive match play to compete against players from other clubs.

www.seniorrydercup.com

The Sunningdale Golf & Country Club team finished runner-up in the Senior Ryder Cup championship. Team members include: Wally Keating, Mike Lewis, Dave Bergeron, Jimmy Perivolaris, Peter Aharan, Gerald Martin, Dan Isen and Dave Speir.

The Oaks Golf Club team finished in a three-way tie for 4th place at the 2019 Senior Ryder Cup championship. Team members include (left to right): Wyatt Stinson, Chris Dowds (captain), Mike Butts, John Bink, Mike Stawecki, Pat Spadini, Colin Glasgow and Walt Spivak.

The West Haven Golf and Country Club team was also part of a three-way tie for 4th place in 2019. Team members include: Charles Forder, Chip Allan, Andrew Wood, Brad Walsh, Ken Kelly, Dennis Jewlal, Dan McMillan and Ned Burford

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Young golf skills on display

Submitted by Acura West

On August 11, 2019, Acura West was delighted to be the main sponsor of the inaugural Bob Martin 'Drive, Chip & Putt' competition at Bob Martin's driving range at Wonderland and Wharncliffe.

The event is the brainchild of PGA professional and certified golf coach, Derek Highley, coupled with the support of Bob Martin, a well-known fixture on the London golf scene and proud supporter of many children's charities.

Bob's facility was an ideal venue for the 30 boys and girls that signed up for the event, along with their parents, on a beautiful Sunday afternoon. The tournament was modelled after the same competition showcased at the Masters in Augusta every April, and it was a resounding success, with prizes given out in all age categories.

The competition was fierce and the talent abundant, with some hard-fought battles waged to determine the winners. The kids had a great time, and the parents were treated to an exceptional day of golf camaraderie – both with their kids and the other parents at hand!

With the word out now, and the first competition under their belts, Derek and Bob are excited to start planning next year's event, which will surely look to build on this year's great success.

Congratulations to all!

Young golfers took part in the first 'Drive, Chip & Putt' competition at Bob Martin's driving range this past summer, in an event that was sponsored by Acura West.

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Tiffany Johnston
Striker, 2019 Western Mustangs Soccer

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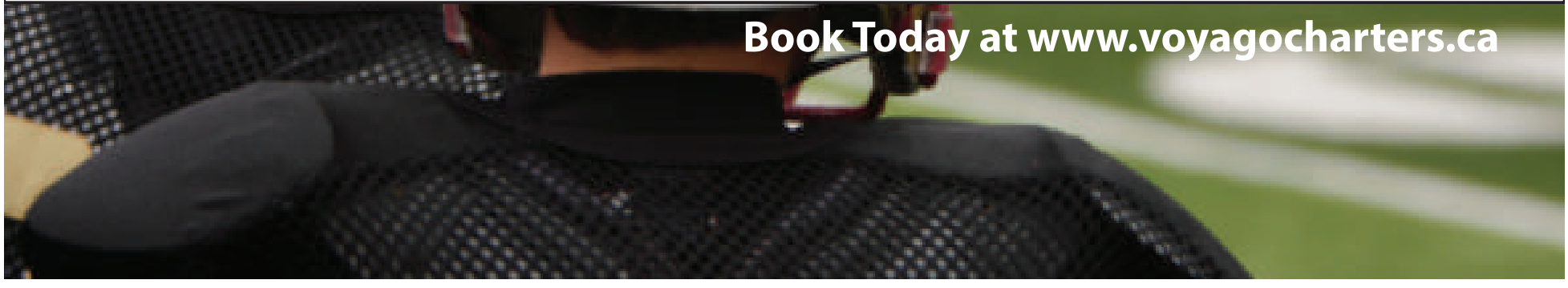

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Sempai Spotlight: Nathan Parker

Submitted by Family Karate Centres

Over the past 10 years, Sempai Nathan Parker has been studying the art of Shorin-Ryu karate and kickboxing at Family Karate Centres under Renshi John Marshall. Within the last year, Sempai Nathan has achieved his third-degree black belt and is continuing at Family Karate Centres as a Head Instructor.

In addition to working with Mr. Marshall, Parker has had the great privilege of working with world-class athletes and competitors, including Trevor Nash, Jeff Smith and Mike Levy – all of whom are multiple time World Champions. During his training, Parker has achieved many awards, such as a WKC World Championship in Team Point Fighting in 2017, as well as multiple national titles in Point Fighting and Continuous Fighting, and a bronze and silver medal at the Irish Open (widely known as the largest karate/kickboxing tournament in the world) in 2018.

Along with competing under the Family Karate Competition Team (FKCT), Nathan is a coach of the team. He shares his duties with Sempai Jake Lindsay and Sensei Tina Hough. Parker's overall determination has now landed him a volunteering spot at Kids Kicking Cancer in London. He is still continuing his training and will be competing in his fourth WKC World Championship event in November in Niagara Falls, New York. Parker will continue training hard this winter in preparation for his return to the Irish Open in March 2020.

www.familykarate.ca

Sempai Nathan Parker is a well-decorated member of the Family Karate Competition Team, having won national titles and medals at the prestigious Irish Open

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Karate for health & longevity

Submitted by Olympic Karate

Professor Mike Donovan celebrated his 74th birthday on Canada Day this past summer. He continues to train in the martial arts several times each week. Sensei, as his students call him, works at challenging his own fitness and skill by setting goals for himself. Last year, one of his goals was to do 73 push ups consecutively – his age at the time. He did it. This year, it's 74. Sensei can still do many of the skills he developed and practiced years ago. He has good flexibility because he has a regular stretching routine. His basic skills, including striking, kicking, balance, and movement, are still excellent. One of Sensei's favourite martial arts is Arnis, in which he is a 7th degree master proponent. In May, Master Donovan was recognized as the instructor responsible for the development and propagation of Arnis in Ontario by the World Modern Arnis Alliance. When asked about his fitness and longevity, Sensei offered the following five insights:

1. You need to stay warm.
2. You must keep moving.
3. You can eat anything you want but you must balance it with activity.
4. Your body remembers your peak so getting back to sub-peak is not as hard as you think.
5. Perseverance is the key to success; Never give up.

Mike Donovan, or Sensei as his students call him, has some tips on fitness and aging – and they include staying active, which he does by continuing to train in the martial arts into his 70's.

sensei@olympickarate.on.ca
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Busy days at the gym

Submitted by London Beje Gymnastics Club

At the beginning of September, children of all ages started the Fall session of the gymnastics program at Beje Gymnastics Club. Now, after several weeks in the program, everyone has acclimated with the friendly environment, with the coaches, and with the weekly routine of the gymnastics program.

As October came to a close, more and more of our athletes participated in the 'BRING A FRIEND' club event, where members share their experience by inviting their friends to come and practice gymnastics together.

Our National and Provincial competitive athletes are into a full routine schedule preparing for their first qualifier competitions of the season, which begin with Tumbling in Mississauga at the end of November and follow in December – with the boys in Mississauga and the girls in Brampton. Their goal for this season is to improve the quality of the exercises, build more confidence in competing, and qualify for the championships at the end of the season.

New members can register in November for the upcoming Winter session, which runs from January to April.

On the weekend of October 26-27, Beje Gymnastics hosted a 'Foundation Theory & Gymnastics' basic coaching course, where gymnastics athletes aged 15 years and older were able to gain more knowledge of their gym experience and learn to lead young children in the world of gymnastics.

On November 3, meanwhile, Olympic and International level judge Nick Bejenaru, the Ontario Men's Provincial Judging Chair, hosted a Men's Judging Course for male gymnasts over 14 years old who wanted to better understand the rules and movement of national and world level gymnastics.

If you love gymnastics and want to have a better experience in sports, come out to Beje Gymnastics Club to develop your body awareness and your mind's abilities. A strong body and mind will give you a better life.

londonbejegymnastics.com

A pair of national tumbling athletes from London Beje Gymnastics Club pose with coach Nick Bejenaru at competition.

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- 3 pitchers of soft drinks (5 for the Super Jump Package)
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What's in store at the Gym?

Submitted by The Little Gym of London

Halloween Open House

On October 31, we hosted our annual Halloween Open House, where kids aged 3 and under had the chance to show off their costumes in a warm, fun environment. These are kids that might be too young to enjoy 'going out' for Halloween. Or, if they did, then it was a second chance to dress up!

The Little Gym of London, which offers programs for children aged four months through 12 years, is focused on enhancing the healthy development of youngsters, including teaching social and physical skills which help build self-confidence. And it's fun, too!

Cyber-Thursday and Black Friday Specials!

Stay tuned for special online only deals, which will happen November 29 and 30. These deals will be first-come, first-served, so watch our website (www.tlglondoncan.com) that week if you would like to take advantage of those deals!

Christmas Holiday Camps

We will be hosting full or half-day camps between Christmas and New Year's this year on December 27, 30 and 31. Registrations are open now. Please call 519-642-0660 to register.

January Class Openings

If you have been trying to get into a specific class time but have not been successful, please call us to make sure you are on the waiting list. We have some members whose spot in class will open up after Christmas, so we want to do our best to get those spots filled with those who have been waiting since the class filled up.

Wonderkids Club!

If you have a child entering school for the first time in September 2020, our Wonderkids Club is for them! This program is curriculum-based and designed specifically to prepare children for the classroom. It runs weekly on Mondays or Thursdays from 9:15am-12:15pm, and the cost is $20+HST per session (plus the cost of the gym class that runs during those 3 hours).

We deal with the tears and the separation anxieties (for child and parent), and at the end of the day everyone has fun while learning to be in a new environment!

About The Little Gym

The Little Gym is the world's premier enrichment and physical development centre for children ages four months through 12 years. To parents, The Little Gym is an internationally recognized child development program, proven to teach social and physical skills appropriate to each stage of childhood by creating opportunities to experience achievement and build self-confidence. The Little Gym has locations in 29 countries and is represented by 400 total locations worldwide. In London, visit us in Sherwood Forest Mall, or online at:

www.tlglondoncan.com

Calendar of Events

Contact: London@SportsXpress.ca

November 7-10
London Lynx Ringette Tournament, Western Fair Sports Centre

November 11
CIBC Canda Russia Series: Team OHL vs Team Russia, Budweiser Gardens

November 13
Fight To End Homelessness, RBC Place London

November 15-17
North London Classic, Various arenas

November 15-17
OCAA Badminton Invitational, Fanshawe College

November 16
Goodlife Spin for Kids, John Paul II High School

November 22-24
London Devilettes Senior Fall Classic, Western Fair Sports Centre

November 30-December 1
London Gold Medal Basketball Tournament, Saunders Secondary school

December 7
Santa Shuffle Walk/Run, John Paul II High School

December 28-29
2019 Holiday Classic, London Sports Park

January 9-12
2020 Continental Cup of Curling, Western Fair Sports Centre

January 11-12
London Gold Medal Basketball Tournament Boys, Saunders Secondary School

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January 17-19
January Winter Freeze Hockey Tournament, London Sports Park

January 17-20
West London Competitive Tournament, Various arenas

January 18
The Factory-Play all Day Pass Fundraiser, The Factory

January 18-19
London Gold Medal Basketball Tournament Boys & Girls, Saunders Secondary School

January 31-February 2
London Devilettes 30th Annual Tournament, Western Fair Sports Centre

February 7-9
Oakridge Aeros House League Classic, Various arenas

March 28-19
London Gold Medal Basketball Tournament Midget Boys, Saunders Secondary School

April 18-19
London Gold Medal Basketball Tournament Boys, Saunders Secondary School

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Seven levels of cheer!

Submitted by Power Cheer Gym

National Elite Scouting Combines

A number of Viper and Mustang athletes attended the Cheer Canada National Combines this fall. The National team is building a junior elite development program and phase one rolled out in nine cities across Canada with over 250 athletes attending. PCG Coach Trace is in his sixth year with the National team, and this year he is joined by Coach Kurt Ford, who was picked up to work with the elite recruits. Last year, Canada won silver at the World Junior Championships with a team comprised of Power Cheer Gym athletes combined with athletes from Blue Water Cheer gym in Sarnia.

Cheer for the Young and the 'Older'

Power Cheer Gym has Tiny Rec athletes starting as young as 3 years of age, as well as a World Championships-bound Open team (17-adult). There are 7 competitive levels in cheerleading, and on any given week the gym has teams training at levels 1 through 7. PCG particularly specializes in elite Level 7 with the powerhouse Western Mustangs (Coed and All-Girl teams), the Fanshawe Black Falcons, and the newest addition to the gym: the Outlaws. PCG also hosts the pre-World Championships National Team training camp in March. It is never too late to get started in cheer. Interested

athletes are invited to attend a practice and meet the gym coaches at any time during the year. Contact Power Cheer Gym at 519-667-0565 or by email at PCG@powercheergym.com.

Academy on Tour

The Academy's performance team flew to St. John's Newfoundland to perform at their Circus Festival in September. The troupe was very fortunate to perform alongside world-class professionals. Interested in being a part of The Academy? Contact our director, Meaghan Wegg, at meaghan.coaching@gmail.com. We offer technique classes in aerial, acrobatic and dance, a competitive team, and our elite level performance team. Our performance team is also available to entertain your function. Contact Meaghan for more booking information.

www.powercheergym.com

pcgvipers **@PCGVipers**

Mini 'Mayhem' held 'Pink Practices' in October

The Outlaws of PCG compete at the Cheerleading World Championships in April (Florida)

The Academy Circus-Acro Performance Group in Newfoundland

Coach Trace was in Halifax for the East Coast National Combine

PCG and Western University athletes attended the Toronto National Elite Combine

Big things ahead!

Submitted by CheerStrike

We are growing! CheerStrike is excited to announce that we are adding square footage to our location in order to serve London and the Royal Family of cheer better. We are taking over another 3,000 square feet in our current location at 1195 Gainsborough Road, just west of Hyde Park Road. And we have big plans for all this extra space!

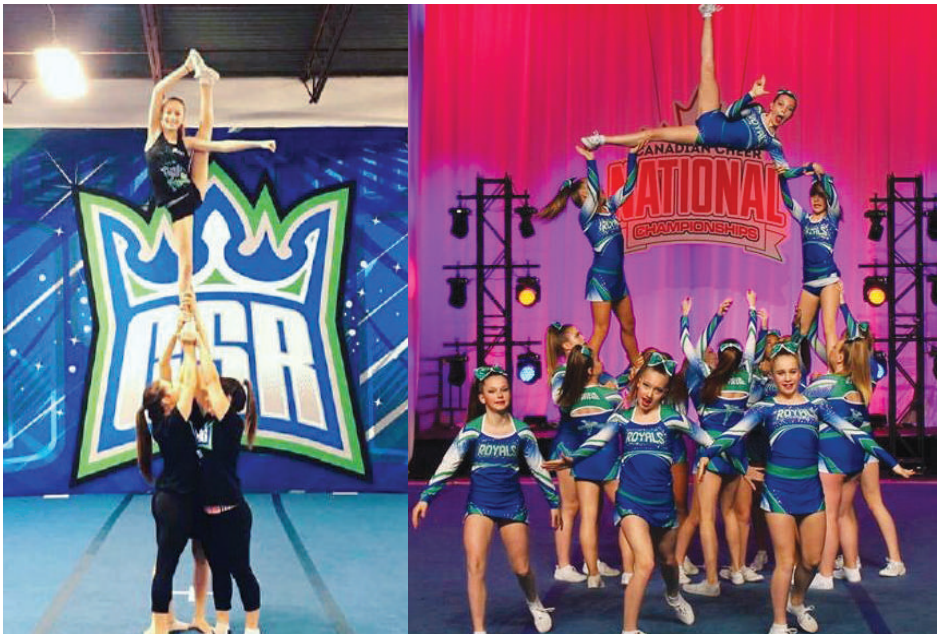
We will be running more Recreational Cheer classes throughout the weeknights, more birthday parties on the weekends, and more open gyms, and we will be offering more private and group tumbling classes. This space also allows us to support athletes in similar industries throughout London by offering classes designed specifically for dancers and martial arts students looking to improve their tumbling skills.

Watch for 'Tumbling for Dancers' and 'Tumbling for Martial Arts' coming soon to the CheerStrike Gym. Have a skill choreographed into a dance or martial arts routine that you need to master? We want to help you with that! If you run a sports program that would benefit from some time on a fully sprung, matted floor, as well as the use of a tumble track and more, contact us to rent this new space. Our facility allows you to safely train new skills for a variety of sports, reducing the risk of injury while learning.

We want to take this opportunity to thank all of our clients that continue to trust us in the training of their children, who have each helped us continue to grow. We love seeing your children achieve their dreams, and we hope that this new space will allow us to serve many more children in doing the same. Interested in being a part of the Royal Family? Contact us today at info@cheerstrikeroyals.com.

www.cheerstrikeroyals.com

CheerStrike, which is located at 1195 Gainsborough Road, has added another 3,000 square feet to their facility, which will provide many more opportunities for cheer athletes – and athletes from other sports, too!



With more space, CheerStrike will be able to offer more Recreational Cheer classes, more open gyms, and more private group tumbling classes – as well as opportunities for athletes in other sports who could benefit from all that CheerStrike has to offer.

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More than just dance

Submitted by Dance Extreme

Dance Extreme, now in its 22nd season, has learned the value of not just teaching the skills associated with learning how to dance. Over the past 21 years, Artistic Director Rebecca Brettingham-Filice and Assistant Director, Richelle Hirlehey, have recognized the importance of providing their student body with values that they will hopefully carry with them as they grow.

Following attendance at the IDEA (International Dance Entrepreneurs Association) conference, Brettingham-Filice was inspired by Terri Mangiaratti's concept of 'A Season on a Spreadsheet.' Hirlehey and Brettingham developed the Dance Extreme Season with a three-fold focus. First, they selected an overarching theme for the entire studio for the month (for example, Gratitude). This theme is meant for students (and parents alike) to get involved and do their part with various planned activities. Each week hosts a different focus – from technical foci, to dress-up weeks, to food drives, to goal setting. In addition to the overarching theme, there is an element of dance tied to each week that teachers work on with their students in class, providing them with more than just a technical base, but also a theoretical one.

At Dance Extreme, students learn about dance – and so much more. By incorporating the 'Season on a Spreadsheet' concept, the studio is looking forward to providing even more to its dancers – including skills and values that they can carry with them throughout their lives.

As both a school and dance teacher, Hirlehey recognizes the importance of "not only teaching children and youth ways to become good citizens, but to provide opportunities to grow as people – and not just in the technique or subject that you are teaching." Brettingham-Filice has always believe that "the teaching of life skills are integral" in the running of her dance studio.

The Dance Extreme faculty recognizes the gifts that dance has given to us as dancers and teachers. And now, through our specialized 'Season on a Spreadsheet,' Dance Extreme too is giving more than just dance instruction to our dancers – young and old alike.

www.danceextreme.com

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Dancers set for Christmas classic

By Donna Bayley

Sports teams practice for games, and dance groups rehearse for shows. Dance Steps Company, which consists of a keen group of 55 dancers from Dance Steps studio, has been rehearsing since the summer for their Christmas performance of The Nutcracker.

This traditional story is a holiday classic, and it includes dances such as the Battle of the Rat King and Nutcracker, Chinese Dance, Spanish Dance, Dance of the Snowflakes, Russian Dance and Reed Pipes. It is estimated that Dance Steps dancers will have used over 40 pairs of pointe shoes to perform the show – as well as over 136 costumes, 28 tiaras and 98 head pieces (including hats, masks, bows, ribbons and chop sticks)!

While sports teams can prevail whether or not there are people in the stands, performers depend on an audience to enjoy the outcome of their hard work. Dance Steps Company invites everyone to attend this magical performance!

www.dancestepsldn.com

THE NUTCRACKER

When: Saturday, November 30, 1:30pm and 4:30pm
Where: Forest City Community Church (3275 Bostwick Road)
Tickets: $16.50 (youth 17 & under), $27.50 (Adults)
Purchase: At Grand Theatre Box Office or grandtheatre.com

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A sponsor thank you

Submitted by London Minor Football Association

The London Minor Football Association (LMFA) is celebrating its 61st season this year, and the organization is happy to welcome some new sponsors who are helping their community by supporting youth sport.

Both the East London Optimists and the Talbotville Optimists club have continued to sponsor players across the London and St. Thomas area. Thanks also go out to Tony Roma's restaurant on Wellington Road, which has generously supported the LMFA for many years. Many young players are able to join our organization directly because of the generosity of sponsors like these. No player is ever turned away from the LMFA for financial reasons.

LMFA is a house league that welcomes all boys and girls (from ages 7 to 13) across the London and St. Thomas area. We accept all players, regardless of experience or ability, offering the chance to join a team, make friends, stay active, and learn about teamwork and sportsmanship.

Every Sunday in the fall, our 24 teams compete on the fields at Citywide Park leading up to LMFA Championship Day on the first Sunday of November. In the winter, our popular indoor skills camps get underway at Centrefield Sports.

For more information on the 2020 LMFA fall season, please visit www.lmfafootball.ca or call 519-852-4465.

www.lmfafootball.ca

The East London Optimists (left) and the Talbotville Optimists Clubs continue to be valued sponsors of the London Minor Football Association

LMFA U12 Rams

Tony Roma's restaurant (Wellington Road) is a long-time sponsor of the LMFA

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Fresh start for Bolts

Submitted by the London Lightning

The London Lightning will have a whole new look for the 2019-2020 National Basketball League (NBL) of Canada season when they tip off in late December. After posting their lowest win percentage in franchise history and being eliminated by the KW Titans in the first round of the playoffs last spring (for just the second time in the team's eight-year history), the Lightning are hoping that big changes to the roster, the coaching staff, and the front office, will breathe refreshed life into the team and help return the Bolts to their winning ways.

The most notable changes this offseason include the promotion of assistant general manager, Mark Frijia, to full-time general manager duties, and the hiring of former assistant coach, Doug Plumb, as head coach of the team. Plumb replaces the loss of Elliott Etherington, who recently signed with the Sudbury Five.

Doug Plumb will lead the Lighting in 2019-2020 as the team's new head coach. Plumb, who coached the St. John's Edge last year, was an assistant in London during the Lightning's record-setting (and championship-winning) 2016-17 season.

Plumb, an assistant on the 2016-17 Lightning team that set an NBL Canada record with a 35-5 record and won the NBL Canada Championship, brings a relentless work ethic back to the team. He has spent recent months building his coaching staff and roster for the upcoming season. And it's a team that looks to challenge for an NBL Canada championship right away. The former St. John's Edge bench boss will build off a strong rookie coaching campaign where he went 20-18 before stepping away from the Edge to deal with personal matters near the end of the season.

The first player signed under new Coach Plumb? Long-time Lightning guard, Marcus Capers. Capers returns to London for his fifth season (and sixth overall in the NBL). At 6-foot-4, Capers appeared in 40 games last season, averaging 9.9 points and 5.4 rebounds per contest while doing a little bit of everything for the Bolts. He'll be looked upon to bring stability and veteran leadership to the new-look Lightning in 2019-2020.

Joining Capers is newcomer Muhammad El-Amin, a two-time European champion and former D1 Conference player of the Year who sports an impressive international resume. Standing 6-foot-5, the 32-year-old has played in several of Europe's top basketball leagues, including Italy's top Serie A league and the Greek HEBA1 league.

Marcus Capers, who returns for his fifth season in London, will be joined by a new-look roster in 2019-2020 as the Lightning look to rebound from a disappointing year and make a run at another National Basketball League of Canada championship next spring.

El-Amin boasts a career average of over 14 points per game in 174 games heading into this season. The Michigan native will now be playing closer to home, as the former D1 standout grew up just three hours from London.

Season tickets are on sale and can be purchased by calling the team offices at 519-433-0634. Make sure to stay up to date with player signings and team news by following the team on social media or on the Lightning team website at www.lightningbasketball.ca. Fans can catch all the action starting Friday, December 27 when they take on the KW Titans in a rematch of last season's playoff matchup.

www.lightningbasketball.ca

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Sport and diversity at the barbershop

Contributions by Kwami Lambert

He's had a passion for sports his whole life, and Kwami Lambert continues to be highly involved in the sports community. A basketball and soccer player himself (since childhood), he now has two sons, Dominek and Donovan, who play those same sports, as well as football with the LMFA (Dominek for the Rams Atom team, and Donovan for the Tyke Red storm squad).

Through his barbershop business, United Kutz, Kwami is also a proud supporter of local sports, including sponsoring teams like a Southwest girls soccer team, a Ramblers boys basketball team, and a London Junior Knights hockey team.

Well before opening his first United Kutz location in 2007, across from the Covent Garden Market, Lambert was cutting his friends' hair as a student at Banting Secondary School. While at Fanshawe College, during a game of one-on-one basketball with a friend one day, a wager was put on the line. He lost, and the agreement was that he would go get some real training to become a barber.

Today, United Kutz is one of the busier barbershops in London. It's also a fantastic barbershop for a sports fan to get a haircut (maybe before the big game?). After all, the original shop location is right nearby Budweiser Gardens, where London Knights hockey and London Lightning basketball action takes place from the fall through the spring.

But besides the sports ambiance (and the sports banter), United Kutz offers something else special: diversity. It's something Lambert takes pride in – being an inclusive barbershop where everyone is welcome.

"One of my personally motivated business goals is to use United Kutz as a welcoming, unified barbershop to bring all types of people of the community together," says Lambert, "with quality haircuts, sports, and good conversation surrounded by a positive environment – all helping to create a positive and united community."

United Kutz was even recognized by the City of London, a few years ago, for what the barbershop brings to the community.

Soccer and basketball are international sports, and United Kutz is proud to be an 'international' barbershop in London, where all cultures and people are welcome to get a good haircut and enjoy some friendly company in a fun environment.

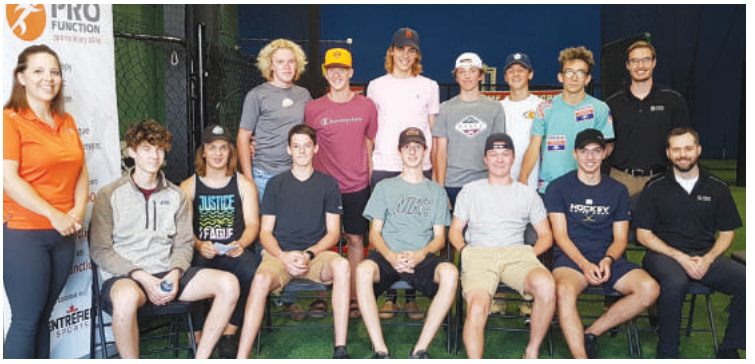
www.unitedkutz.com

Concussion testing is key

Submitted by Pro Function Sports Injury Clinic

Chiefs get pre-season testing

Before the AAA hockey season kicked off, the Elgin-Middlesex Chiefs completed their Concussion Baseline Testing with Pro Function Sports Injury Clinic at the Centrefield Sports Complex. Nearly 130 athletes completed baseline testing, which includes a series of physical, cognitive, and exertional tests designed to give a pre-injury overview of healthy brain function. In the event that an athlete suffers a concussion, their baseline test can be used to assist in making safe and effective return to play decisions.



The Elgin-Middlesex Chiefs Minor Midgets with Dr. Nicole, Dr. Kersten, and Dr. Greenwood of the Pro Function Sports Injury Clinic

When is the best time to return?

Like any sports injury, a concussion must be assessed and treated on a case-by-case basis. The most important thing to remember is that just like any other sports injury, returning to play with a concussion should be a graduated process. If you sprained your ankle, you wouldn't rest for a couple days, jump straight back into sport, and expect to perform. The same can be said for concussions. Here at Pro Function, we utilize an up-to-date return to play protocol to help guide return to sport and make the athlete's safety our primary focus.

If symptoms disappear, does that mean the concussion is gone?

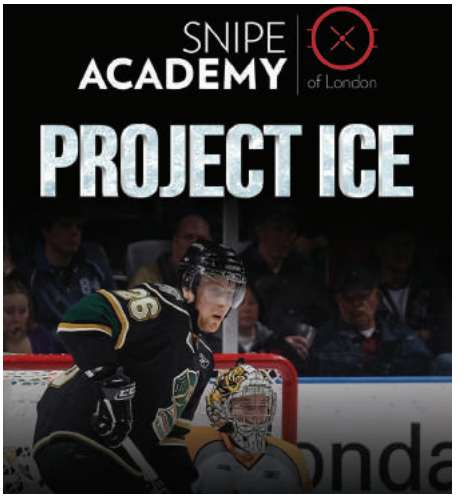
Relying on symptoms to determine recovery is risky. Just because a concussed athlete shows no symptoms does not necessarily mean that they have fully recovered from their concussion. Specific concussion-based exercise tests can help indicate how far along your recovery is and determine when it's safe to return to play.

Here at Pro Function, our Concussion Management practitioner, Dr. Joseph Greenwood, is fully certified to assess your concussion symptoms and manage your return to play.

www.profunction.ca

Efficient on-ice training

Submitted by Snipe Academy



Snipe Academy is going on ice. We hear two complaints all the time about on-ice training: a lack of correction and the issue of getting players with kids of similar ability.

The first complaint stems from the expensive cost of ice time, which forces large numbers of kids onto the ice. No matter how good a coach is, it's tough to follow up and correct kids properly when there are 20 to 30 kids on the ice at once. Our solution is simple: We're dividing the register ice into sections (similar to what Hockey Canada has done with the IP program). This allows one coach to work with a maximum of 8 to 9 kids. These small ratios have already benefited so many at Snipe Academy, and now we can take it on ice and work on edges, speed, and puck control.

On the second complaint (getting players with kids of similar ability), the question is this: We do it with 5 or 6 different levels of hockey, so why not training? Well, because you have to fill the ice sessions. At Snipe, the small groups will allow us to fill our ice times. This means, for instance, that when we have a AA/AAA group, that's who is in the group. We do get parents who want their kids playing with kids who will 'push' them. But this doesn't always work, as sometimes kids lose confidence or get intimidated. At Snipe, where you play now defines where you train with us. Want to get to the next level? We will help.

Our ice will be done in two ways:

- **Our 8-week program**

At Snipe Academy, you are guaranteed no more than 9 players in a group. Those that train a lot with us know that our coaches get to know their players and their strengths and weaknesses. This is what develops players over time. Our 8-week morning sessions will allow coaches to know your kids. With a small group, and one pro coach, the development will be second-to-none.

- **Our pop-up program**

It's tough to find ice in London – especially prime time. With our pop-up program, we will have random ice times throughout the year. When this happens, we will blast it out on email and over social media. This will provide an opportunity for on-ice training – but, like all our Snipe classes, it is convenient for your busy family calendar. Snipe Academy is all about value, and these pop-up classes will provide more to our best-value-in-hockey approach.

www.snipeacademy.com

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Hard-working Hawks

Submitted by Nathan Doan and photo by Camera Canada

What is success for the West London Hawks Minor Novice MD team? According to Nathan Doan, the team's head coach, it means – above all else – having fun on and off the ice. It also means each player developing his skills throughout the year, and the players learning to play as a team.

On the teamwork front, this group of youngsters is already ahead of the curve. In fact, it's one of their greatest strengths.

"Witnessing these players at such a young age already looking for their teammates is a special thing," says Doan, who coached most of the players on this year's Hawks team last season. "The players' engagement and passion for the game makes coaching this group an absolute pleasure."

The Minor Novice MD Hawks, who play their home games at the Bostwick Arena in West London, are focused on improving their skills each and every practice and game. This includes developing individual skills like skating and stickhandling.

The team got off to a good start in the fall, competing well in exhibition play and into the regular season once November hit. And they showed early their ability to work hard – including learning their new positions and competing hard on the ice.

"One of our goals is to always be the hardest-working team on the ice," says Doan, who has been helping with minor hockey development since 2014 – and has played and been involved with hockey in London for more than 25 years. "But the ultimate goal, of course, is to develop and grow the players' love for the game of hockey. This sport can bring players many experiences and opportunities throughout their lives. If we can help foster and grow a love for the game, it will hopefully keep them involved and benefit them well into their futures."

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West London Hawks Minor Novice MD team: Back row (left to right): Dustin Rohrer (Trainer), Ryan Gicante (Asst. Coach), Jess Coulas (Asst. Coach), Nathan Doan (Head Coach), Mike Borrows (Asst. Coach). Third row: Austin Hall, Max Readings, Gavin Paterack, Athan Theodosopoulos, Austin Lobsinger. Second row: Easton Bezaire, Carter Maloley, Finn Gicante, Messer Doan, Grayson Mancari, Bryce Coulas. Front row: Kade Branton, Curtis Keating, Jackson Stevenson, Zayd Abdulkarim, Cruz Rohrer, Bennett Borrows, Ryan Joiner

Coming together

Submitted by Komoka Kings

The Komoka Kings opened the 2019-2020 season with a 5-0 shutout win at home September 14. That followed a 1-1 record at the GOJHL Showcase in Pelham (vs. the Hamilton Kilty B's and Kitchener Dutchmen). In other words, it was a good start for a team with 13 returnees and eight new recruits that finished sixth in last year's Western Conference standings and took the first-place Leamington Flyers to 7 games in the semi-finals.

General Manager Roop Chanderdat and his staff continue to shape the team after losing several top-end players from last year. The new recruits include two graduates from the Elgin-Middlesex Chiefs Midget AAA program (defenceman Christian Kyrou and forward Will Lewis) and two from the London Junior Knights Midget AAA organization (forwards Matthew Gough and Jakob Marche). Three new players, meanwhile, have previous GOJHL experience (Toby Rizzo, Fort Erie Meteors; Kobe Ferreira, Sarnia Legionnaires; and Ian Lutowicz, St. Thomas Stars). Meanwhile, goalie Grant Linville, from Edmond, Oklahoma, played last year with the Northern Cyclones U18 team of the USPHL.

In addition to experienced head coach Ron Horvat and sophomore assistants Colin Martin and Michael Reati, the

Toby Rizzo vs. St. Marys during a September 27 game

Christian Kyrou vs. Strathroy on September 14

Dario Beljo at the GOJHL Showcase

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Hunters set to lead Team Canada

Submitted by the London Knights

Every holiday season, fans from across the country get a glimpse into the future of hockey. For two weeks, the best junior hockey players in the world represent their respective countries for the chance to be named world champions. At the helm this year, Team Canada will have the Hunter brothers – two men who understand what it takes to reach the summit.

> "At the helm this year, Team Canada will have the Hunter brothers – two men who understand what it takes to reach the summit."

Over their tenure as General Manager and Head Coach of the London Knights, respectively, Mark and Dale Hunter have led their organization to near-annual success. In 19 years, they have amassed 26 separate team championships – including five conference championships, four league titles, and two Memorial Cups. Their teams have set records for longest undefeated streak (29 games) and total points in a season (120). They have mentored stars such as John Tavares, Bo Horvat, and Mitch Marner, and now, they will bring their talents to the international stage.

The team won't be filled fully by new faces. The Knights have two players from their roster vying for a spot on the under-20 team. Washington Capitals draftee Connor McMichael and Columbus Blue Jackets pick Liam Foudy both hope to use their in-depth knowledge of their mentor's style of play while they represent their nation. The dynamic coaching and management style of the Hunters will aim to bring Team Canada back to their winning ways. After missing the podium last year, the brothers are a welcomed addition to the organization.

www.londonknights.com

Dale Hunter and his brother, Mark, will be leading Team Canada this year when the red and white suit up for the World Junior Hockey Championship.

Connor McMichael, a current London Knight and draftee of the Washington Capitals, is one of two Knights players vying for a spot on the Canadian Junior team. Teammate Liam Foudy (Columbus Blue Jackets draft pick) is also hoping for a spot on the under-20 team.

team's conditioning is enhanced with the services of Precision Fitness & Performance Centre. PFPC offers a weekly in-gym program to maximize strength and power development, build mobility, and aim to decrease injury occurrence. Periodization of the programming allows the players to avoid burnout and emphasizes recovery for the long season.

Team management and players participated in the National Forest Week Launch Party, sponsored by Robinson Mitsubishi, on September 23. Meanwhile, several players participated in the Mentor Safety Consultants Skills Competition at the Delaware Lion's Park on Sept. 29 – in support of the Leukemia and Lymphoma Light the Night fundraising. Meanwhile, poster child Paige was on hand to do the ceremonial puck drop at the Sept. 28 game vs. the St. Marys Lincolns, where the Kings introduced their new third jersey (gold with purple trim).

Goaltender Grant Linville, who has travelled the furthest from home to join the Komoka Kings, says his first experience with hockey in Canada has been "awesome," and that's he's "thankful for the opportunity to play in a great hockey area."

Finally, the Komoka Kings have also formed a presence on Hockey TV, with young Dylan Baker taking the mic.

www.komokakings.com

Grant Linville, Kobe Ferreira, Griffin St. Onge and captain Blake McConnell-Barker (left to right) pose with Paige, the poster child for leukemia & lymphoma.

At the National Forest Week Launch Party at Robinson Mitsubishi on September 23 (left to right): Kings Marketing and Volunteer Coordinator, Don Adams, Grant Linville, Owner/GM Roop Chanderdat, Jacob Rochford, and Kobe Ferreira.

Competing for your care

Submitted by Hyde Park Pharmacy

A couple of team members behind the counter at Hyde Park Care Pharmacy show off some of their favourite sports jerseys

What makes a local, independent pharmacy different than a big chain pharmacy?

1. The Customer Service

CARE is our core value at Hyde Park Care Pharmacy. We do our best to reinforce this bond between the pharmacist and the customer. You get to know us, and we get to know you. And who doesn't like to be known by name?!

For an independent pharmacy, it's more personal. We know what you need, we know your family and your situation. There is a personal relationship and a foundation built on trust. You are no longer just a customer or a patient...you become part of the family.

2. Accuracy and Knowledge

One of the common mistakes people make is purchasing over-the-counter (OTC) medication without asking the pharmacist if it might interfere or interact with current medications. For example, oral decongestants like pseudoephedrine (Sudafed) or even NSAID as ADVIL or ALEVE may increase blood pressure, which can be dangerous if you have uncontrolled high blood pressure. Believe it or not, some diets might even interact with your medication.

Now, try to recall the last time you visited a big chain pharmacy. Did you even see the pharmacist? Have you ever actually talked to them? Meanwhile, at an independent pharmacy, like Hyde Park Care Pharmacy, the pharmacist might even be the one who completes your transaction when you check out at the till!

3. Shorter Waiting Time

We provide fast (and efficient) service. We all know that the customer does not like to wait. Depending on the number of medications that need to be filled, our waiting time is shorter by far compared to big chain pharmacies. At the same time, our pharmacists are careful, not only to dispense medication accurately, but also to check drug interaction(s), review dosages and guidelines, etc.

We don't give you a buzzer, or give you an hour waiting time to prepare your medication. Sometimes, upon customer request, we can put your prescriptions on an automated fill system to be ready whenever they are due. We also offer free delivery!

4. Services we Offer

- Free flu vaccination (no appointment needed, no waiting time)
- Free blood glucose monitoring (If you are diabetic and would like to upgrade your meter, we offer a new blood glucose meter free of charge. The new blood glucose meters that work with sensors are now covered for those who are on insulin).
- Free compression stocking fitting (for those who are on their feet for long periods of time or for those with varicose veins).
- Free consultation on the Ideal protein weight loss program, which is the number one program developed by a healthcare provider (and is under the direct supervision of the pharmacist to ensure safe and best results).
- Free Medication Therapy Management (we offer different ways to help you get better compliance on your medication. For instance, our new innovative system called the smart dispenser is specifically made for people who sometimes forget to take their medications).

5. Pricing

Big chain pharmacies would like you to believe that they are less expensive than shopping at a local independent pharmacy. But recent research has shown that the opposite is true. At our independent pharmacy, we have a controlled inventory and we always look to provide our customers with the best deal, as our customers' satisfaction is our priority. Meanwhile, seniors that visit Hyde Park Care Pharmacy get an additional 10 percent discount on all OTC medications.

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